

Have You Had a Checkup Lately?

Routine physical exams with your doctor are important for your health and the health of your family. Preventive care services can protect against adult and childhood illnesses and catch health problems early. Your DoD NAF Health Benefits Program covers physical exams and associated tests and screenings at 100%.¹ Be sure you use this valuable benefit. The charts below show examples of the preventive care services available to you under the plan. They also show screening and immunization schedules based on guidelines recommended by leading health organizations. When you have your next physical exam, bring these guidelines with you and ask your doctor to recommend a schedule that meets your individual needs.

Adult Preventive Care Timeline

	Years of Age													
Screenings	18	25	30	35	40	45	50	55	60	65	70	75	>	
Physical Exam	One exam per calendar year													
Blood Pressure, Height and Weight	During physical exam													
Cholesterol	Every 5 years													
Vision and Hearing Exams	One exam per calendar year													
Pap Smear and Pelvic Exam ²	Every 1 to 3 years or HPV test and Pap smear every 3 years if results of both are negative													
Mammography	One per calendar year													
Prostate Cancer														
Prostate-Specific Antigen Test (PSA)	Annually													
Digital Rectal Examination (DRE)	Annually													
Colon Cancer (One of the following five screening options is recommended)														
Fecal Occult Blood Test (FOBT) or	Annually													
Flexible Sigmoidoscopy or Double-Contrast Barium Enema or	Every 5 years													
Flexible Sigmoidoscopy and Fecal Occult Blood Test or	FOBT yearly plus Flexible Sigmoidoscopy every 5 years													
Colonoscopy ³	Every 10 years													
Tuberculin (PPD) Testing	High Risk Only													
Immunizations	18	25	30	35	40	45	50	55	60	65	70	75	>	
Hepatitis A	High risk only													
Hepatitis B	High risk only													
Tetanus-Diphtheria (Td)	Td booster every 10 years													
Chicken Pox (Varicella)	2 doses (4 to 8 weeks apart) for adults without a history of infection or previous immunization													
Shingles (Zoster)	1 dose													
Measles, Mumps, Rubella (MMR)	1 or 2 doses for adults without a history of infection or previous immunization													
Pneumococcal Disease	High risk only - 1 to 2 doses1 dose													
Influenza	One dose annually													
Human Papillomavirus (HPV) Vaccine ⁴														

¹ To receive preventive care benefits under the Open Choice® plan, you must use in-network doctors.

² American College of Obstetricians and Gynecologists (ACOG).

³ Based on a recommendation of the U.S. Preventive Services Task Force. For more information, visit www.ahcpr.gov/clinic/uspstf/uspsscolo.htm.

⁴ Females - series of 3 doses over 180 days if not previously vaccinated.



**Department of Defense
Nonappropriated Fund
Health Benefits Program**

Child Preventive Care Timeline

Months/Years of Age

Screenings	B	1y	2y	3y	4y	5y	6y	7y	8y	9y	10y	11y	12y	13y	14y	15y	16y	17y	18y		
Physical Exam	Year 1 7 visits	Year 2 2 visits	One per calendar year																		
Newborn Screening: PKU, Sickle Cell, Hypothyroidism, Hemoglobinopathies	Birth to one week																				
Head Circumference	Periodically																				
Height and Weight	Periodically during physical exam																				
Vision and Hearing Exams			One per calendar year																		
Blood Pressure				Periodically during physical exam																	
Cholesterol			High risk only																		
Tuberculin (PPD) Testing	High risk only																				
Lead (high risk only)																					
Immunizations	B	1m	2m	3m	4m	5m	6m	12m	15m	18m	23m	2y	4y	6y	11y	12y	14y	16y	18y		
Hepatitis A								Dose 1			Dose 2										
Hepatitis B*	Dose 1	Dose 2			Dose 3			Dose 4							Dose 1-3						
Polio (IPV)			Dose 1		Dose 2			Dose 3						Dose 4							
Influenza								Annually													
Haemophilus Influenzae Type B (Hib)			Dose 1		Dose 2		Dose 3	Dose 4													
Pneumococcal Disease			Dose 1		Dose 2		Dose 3	Dose 4													
Diphtheria, Tetanus, Pertussis (DTaP/Td)			Dose 1		Dose 2		Dose 3		Dose 4						Dose 5	Td booster					
Measles, Mumps, Rubella (MMR)								Dose 1						Dose 2		Dose 2					
Chicken Pox (Varicella)								Dose 1		1 Dose										2 Doses	
Meningococcal													1 Dose								
Human Papillomavirus (HPV)															Females - series of 3 doses over 180 days						

 Recommended
 Catch-up, if previously not received.

* The earliest age at which the last dose of Hepatitis B vaccine can be given is 24 weeks of age.

Sources:

- Adult and Child Preventive Care Timelines adapted from the recommendations of the Agency for Healthcare Research and Quality (AHRQ), and sponsored by U.S. Preventive Services Task Force & the AHRQ *Put Prevention Into Practice* program. For more information, visit: www.ahrq.gov/clinic/prevenix.htm.
- Adult and Child Immunizations Schedules adapted from the recommendations of the Centers for Disease Control and Prevention (CDC). For more information visit www.cdc.gov/nip/.
- Adult cancer screening guidelines adapted from the recommendations of the National Cancer Institute (NCI). For more information, visit www.cancer.gov.

Contact Aetna Member Services at 1-800-367-6276 or check your Summary Plan Description (SPD) for information about your preventive care coverage.

Your SPD explains your coverage in complete detail, including exclusions and limitations.

